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The Study of Counselling Services Effect on Iranian Adolescence's Mental Health

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Abstract

This research has been study the counselling services effect on adolescence's mental health. Research method was experimental and statistical population were high school students in Ardabil State of Iran. From this population, 1594 adolescences were selected with quota sampling. GHQ, Rogers's Self-Concept and a short researcher questioners, used for data gathering. Information analyzed with *ANOVA*, *Multiple Regression*, χ^2 , *t*, *r*, *r_s* and *eta* tests. Results showed that, girls mental health was very treated in comparison with boys and effect of counselling services on adolescence's mental health were different in various subtests. This research showed that is better to be consider the education and history of counsellors in selecting them by education organization.

1. Introduction

In developing countries, the decline of mental health has increased and neglect the social dimensions, family and personal touches remained the irreversible effects (Dadsetan, 1998). Wherever is the school, school problems in several educational, personal, family, career, financial, adaptability, emotional and mental, there are some that if not resolved early teen life in later periods, will be acute and severe (Shafiabady, 1999). Considering the sensitivity of adolescence especially because of identity crisis, and role confusion (and the side issues), secondary school education in critical need of an accurate and comprehensive psychological counseling is felt (Akaty, 2001; Verdi, 2001).

Studies, have proved often during the social changes and changes such as entering school, entering adolescence, mental health is threatened (Copmton, 1991). But the services offered by school counselors are helpful? Various theories of psychotherapy and counseling interventions showed efficacy of behavioral counseling on emotional problems of individuals (Sanaei, 1998). But to what extent that counselors in the use of counseling science, and experiences can provide effective services to students to help improve their mental health, should be researched.

In research on high school counseling services conducted by some researchers (Razmi, 1999), the conclusion reached in the consultative services to help students have been effective. Research results (Baum and Fleming, 1993) show that counseling services in schools has led to resolve the academic problems. In Ardabil Province, Khodaei (1997) showed that effect of group counseling in decreasing students anxiety is promising. Hoseynnezhad (1997) as well as similar research conducted on depressed students and showed that male students decreased depression. Gamari (2001) has also stated that the greatest problems in students are interpersonal problems, anxiety

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and depression and their advisers need to see more training. Other than the above reports, the effects of counseling services on students mental health, not studied much, but a close investigation as factors in the success of consultants in providing consultative services desired, is executed. Samadpoor (2001) reported the factors such as age, condition and appearance of document related consulting services to confirm the effectiveness of consultative services. Most theories of counseling and psychotherapy, have been intended mental health and promote it to various methods (Shafiabady, 1999). In this study, all the theories and methods of effective counseling and psychotherapy, have been cited reference.

The main variable in this study was the mental health of students. In fact, the fundamental question is whether the enjoyment of consultative services affect the mental health of students (overall index of mental health, somatization, anxiety, social interaction, depression)? In addition to the main question, was trying some factors in the success of consultants involved in consultation will be studied.

2. Method

This research method was experimental and its design was test - retest with control group. Statistical population were all male and female high school students in Ardebil province (about 700,000 individuals), and statistical population for counselors were all high school counselors in Ardabil province (200 counselors). Based on stratified sampling, the number of 1608 cases of students (804 girls and 804 boys) were randomly selected as samples. Of these, 12 were due to incomplete responses from the analysis were excluded and finally 1594 cases were analyzed. Of these 381 individuals in the Goldberg's mental health scale had border line (248 individuals in one subscale, 91 individuals in the two sub-scales, and 42 individuals in three sub-scale). For implementing the second phase study, 128 students who were in one sub-scale scores above the cut point (for each of the four sub-scale, 32 students of both sexes) selected and matched based on pre-test scores and randomly were assigned to experimental and control groups. Number of consultants in proportion to the number of schools run in the second stage were chosen as samples, were 16 individuals (eight women and eight men). Data were collected by Goldberg's mental health test, Rogers's self-concept test, and the researcher made questionnaire. For information about the counselors a very short questionnaire designed by researcher was used. Multiple regression, t test for independent groups, X^2 , ANOVA, ETA and Spearman correlation coefficients was used for data analysis.

3. Results

In all four sub-scale test of mental health (somatic complaints, anxiety and insomnia, social interaction and depression) female respectively with 3/5 percent, 4/1 percent, 6/3 percent and 8 percent, more than boys are having difficulty . In the overall index of Mental health, girls with 28/86 mean, more than boys (26/65) are threatened. In all four sub-scales (somatization, anxiety and insomnia, social interaction and depression) individuals with abnormal self (higher than 2 score on the Rogers test) respectively, with 3/7 percent, 5/4 percent, 6/4 percent and 6/3 percent have the most difficulty. In the overall index of Mental health, individuals with abnormal self had average (28/32) higher than the average of individuals with normal self (27/35). In two sub-scales of anxiety and social interaction, students with poor academic achievement, respectively 6 percent and 9/5 percent, had the most difficulty. Students with good academic performance (in anxiety sub-scale) and students with average academic performance (in sub-scale of social interaction), respectively 2/3 percent and 1/6 percent had the least difficulty. In somatisation sub-scale, students with higher academic achievement with a 3/2 percent, students with good academic achievement, with 2/1 percent and 6/2 percent and poor students with 6 percent, respectively, maximum and minimum problems showed. In depression sub-scale, poor students had higher average (30/58).

To determine the contribution of each variable of counseling and self concept on mental health of students, multiple regression analysis was performed and the model was significant. So that the model 22/2 percent change in overall mental health scores take into account with $P < 0/01$ and $F_{(2,125)} = 19/17$ was significant. In this model group as predictive variable (enjoyed/deprived of consulting services) with $P < 0/0010$ and $Beta = - 0/47$ and self as other predictive variable with $P < 0/01$ and $Beta = 0/21$ were significant. In other words, having counseling services and

having normal self, improvement students mental health. The results showed that the differences between depression score and impaired social interaction of students get counseling services and counseling services denied, is significant (respectively: $t_s = 5/13$, $3/03$ and $P_s < 0/01$). Eta correlation coefficient (Eta) between the counselor field and the students score in the mental health scale indicates the correlation between these two variables is $0/361$. Results also showed that correlation between consultation meetings and number of counselor success in reducing the psychological problems of students, there is significant ($\chi^2_{(2)} = 12/82$, $P < 0/01$). Also, women more than men counselors in students mental health promotion have been successful ($\chi^2_{(2)} = 9/63$, $P < 0/01$).

4. Discussion

In recent years, mental health promotion of students were be attended by country's education. and researchers conducted about the mental health of students and providing consultative services to their manner (Ragibi, 2003; Asadi, 2001; Asghariypur and Jahanrafat, 2001, Fuladipur, 1998). Due to being involved with school counselors regarding students with mental health problems, important effect of the services provided by consultants such students is significant. The findings of this study indicate that in overall indicators of mental health, boys in compared with girls have better condition. In the following four scales: somatization, anxiety, depression and difficulty in social interaction, most girls tend to be abnormal. This result is exactly consistent with Farsi and Amiran (2002), Habibzadeh (2001) results. According to numerous reports about statistics on mental disorders (Dadsetan, 2001) girls, especially in depression, anxiety and somatization problems are higher than boys. Considering sex differences in the various fields of physiological, cognitive, psychological, interests and attitudes (Ganji, 2001) it seems that the mental health of students affected from their sexual differences. Most interesting findings of this study is devoted to the results after applying counseling services on students with low mental health, were obtained. Results showed that the counseling services to students and their normal self, were good predictors for mental health promotion. About the effectiveness of counseling services on mental health, all approaches of behaviorism to the cognitive theory (and other approaches) are emphasized.

Researches' conducted on the effectiveness of counseling services on students mental health have reached similar results (Ragibi, 2003; Asadi, 2001). Results of this experiment regarding the significant reduction in the social interaction and depression, are consistent with the results of Milin and et al (2000), Ragibi (2003), and Asgharipur and Jahanrafat (2001) and Hoseynnezhad (1997). According to the theories, depression and social difficulties skills are issues that more respond to psychological counseling interventions. Of course, having expertise in the field of psychology and counseling is necessary, because the mental health of students improved significantly under the experiment, mostly due to the intervention of consultants have been of psychological education. Means the presence of the same issue with the educational non-psychology consultants can answer one of the reasons for not giving somatization and anxiety, insomnia, students will be considered. Difficulty in treating problems such as short-term psychosomatic disorder, another reason may come into account. Researchers like as part of their studies have found similar results. Results showed a high correlation between gender adviser and the student's overall score in mental health scale. Perhaps this conclusion was attributed to the seriousness of women in resolve the students problems. Another possible cause of this result which has been tested, back to the field advisor. Women more than men had a psychology of education.

Analysis, did not appear a significant relationship between work experience in counseling and mental health promotion. Razmi's results (1999) has also confirmed this statement. Therefore, continuity of employment for no psychologist consolors simply because most of their service in this post, is not useful. Overall findings of this study indicates that school counselors have been able to relative promotion of mental health for students who are having particular problems. But psychologist consultant compared with psychologist consultant and consultant women compared with men, obtained greater success. Thus think about the lack of optimal performance in men consultant is necessary. The high prevalence rate of psychological problems among female students and also significantly correlation between mental health self, requires increasing attention to mental health education in schools for girls and applying efficient methods to create a positive self concept in students.

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